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## **MAKING WAVES WITH HEMI-SYNC®**

*by Ruth Hetzel*

*A combination of personal life changes and serendipity drew Ruth Hetzel to the work of Robert Monroe and Hemi-Sync. Once she realized the value of her discoveries, Ruth's outgoing, proactive nature insured that she would spread the word at every opportunity. She has been tossing HemiSync "pebbles" into still water for over thirteen years, and the ripples have now reached the farthestmost shores of her community.*

Through the mid-1960s and my early fifties, I did the usual things that were expected of women of my generation: college, work, marriage, children, and volunteer activities. There were always many challenging and interesting things to do. I felt good, and I felt good about my life.

Then things changed. I developed health problems, and several family members died of cancer. I began to feel discouraged and trapped. Finding a book on yoga triggered the next change. That book started me on a path of self-discovery—physical, mental, emotional, and spiritual. The path led to workshops and training courses in many techniques and disciplines. A major event in my life during that period was founding the Self-Awareness Center in 1976. There, I taught yoga and shared other approaches relating to health, fitness, and the body-mind connection. As my personal unfoldment continued, I discovered *Journeys Out of the Body* by Robert A. Monroe.

I still didn't know that The Monroe Institute existed until a Center workshop in the spring of 1986 involved Monroe tapes. By that fall, I had attended my first residential program at the Institute. Additional programs followed in 1988, 1990, 1993, and 1998. My increasing use of Hemi-Sync tapes and Monroe materials in Center classes inspired one of our participants, Susan Wedeking, to become a *TMI OUTREACH* Trainer. Susan led *EXCURSION* workshops for us for a while thereafter. The Monroe tapes were also a tremendous help when I was caring for my husband at home during his terminal illness with cancer. Both of us depended on them for pain relief, relaxation, and sleep. *Deep 10 Relaxation* and *Pain Control* were our "standbys," and *METAMUSIC*® played in the background day and night.

Since discontinuing my Self-Awareness Center activities in 1997, I have served on various committees, given talks, and taken every opportunity to share my experiences relating to wellness and expansion of consciousness. Through the years I've probably distributed hundreds of Monroe information packets and catalogues in the course of encouraging people to order tapes. *GOING HOME*® is part of my personal tape collection, and I've made sure that hospice and others know about that series.

Serving on committees at two hospitals here in Evansville, Indiana, has given me a chance to promote the use of Hemi-Sync in medical settings. Both facilities have purchased large quantities of tapes. Best of all, the Deaconess Holistic Resource Center and the University of Southern Indiana School of Nursing are currently collaborating with the Institute on a three-year research project relating to pain. This fall (1999) the University of Evansville Continuing Education Department asked me to assist with a new class, "Awakening to Spirituality." The class is going very well and, of course, we are including TMI materials.

With interest literally mushrooming, we're fortunate to have finally acquired two *OUTREACH* trainers in our area—Honora Finkelstein and Susan Smily. Their presence will increase our ability to share the Monroe techniques for growing in consciousness and exploring new dimensions. Then there's the year 2000.... What changes—besides my eighty-fifth birthday—will it bring? I look forward to this new phase of my life with gratitude for the past, with anticipation of additional challenges and sharing, and in hope of yet another visit to TMI!

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